

Soon after my husband **Jean** returned from Afghanistan, he started to have nightmares, had trouble sleeping, was drinking heavily and distanced himself from the kids and me. He was no longer the loving, caring man I married.

Our occupational therapist:

- **Helped** me to understand and acknowledge what Jean was feeling.
- **Took the time** to find out what activities in life were important to both of us.
- **Worked with us** to plan and implement baby steps towards a return to family life and activities.

Jean still has a long way to go but at least we are headed in the same direction.



Because of occupational therapy, my husband is part of our family again.